

FRIDAY, MARCH 31ST 2023

# TCA Newsletter



## ***Upcoming Events***

**March 31** - Early Release

**April 3rd to 7th** - Spring Break (No School)

**April 14** - Early Release

**April 28** - Early Release

Spring  
Break is  
Here!

### **Parents/Guardians:**

You can email absences and attendance updates to [attendance@twincitiesacademy.org](mailto:attendance@twincitiesacademy.org)

# ROAR CORNER

## A Message from Executive Leadership



Respect. Optimism. Achievement. Responsibility.

Here at Twin Cities Academy we are the Tigers, hear and see us ROAR! When teachers and students practice our ROAR-ing values throughout the school day, school becomes a better place to be together. People feel safe to open up to each other, and relationships develop. The world of ROAR is the one we want to live in here at TCA.

Let's talk about behaviors that go against our value of RESPECT. Bully-type behavior can cause a ripple in our ROAR values. Bully-type behavior is any that threatens, damages, harms, instills fear, falsely accuses, defames, violates, intimidates, or ridicules any person, group of people, their property, or creates a hostile environment or social isolation. These are from the TCA Bully Prohibition Policy, which you can access [here](#).

When we see behaviors that have this effect, whether the behavior is in person or electronic, we investigate, re-teach, and assign consequences as needed. Bully-type behaviors are often hidden actions. Students and families can help by reporting what you know, experience or observe. You can fill out a bullying report or tell a staff member face-to-face what you know about bullying behavior. Report forms are in the vestibule between the glass doors by the office. You can also report anonymously or with your name. We encourage either kind of report. We want to work in a community where ROAR values are upheld.

Thank you for your partnership in our ROAR-ing community

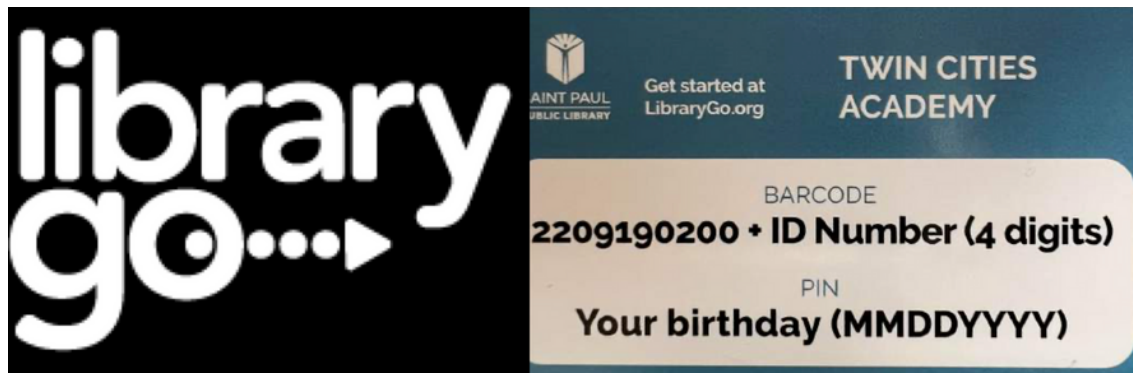
**Your Executive Leadership Team**



In Ms. Diaz and Ms. Quercia's Reading Foundations classes we are using Library Go to introduce our students to this amazing service and all the books it has to offer.

Our current book, *Touching Spirit Bear* is displayed for the students to read along while the narrator reads aloud to us on the projector, and students are able to read with either a hard copy or a digital copy on their own device. Students are not only learning about Circle Justice, but also practicing their comprehension skills in the book discussion groups that follow the reading.

Thanks to Ms. Delesha, our librarian, for her efforts in getting every single student set up to borrow from the library and read to their hearts content!



LibraryGo is a virtual library card to the Saint Paul Public Library. Each student has a free virtual library card. With Library Go, students can check out up to ten physical items. Online, they can get homework help from a tutor, find primary resources using databases, find a book to read, and download an audiobook.

If you have any questions, you can email [library@twincitiesacademy.org](mailto:library@twincitiesacademy.org)



THIS MONTH  
We're Celebrating...

# Happy Women's History Month!

TCA's Women's Discussion Group marked Women's History month with interviews of TCA staff members who shared their experiences on how life has changed for them/and other women over the years.

Be sure and stop and read their stories displayed in the entryway!







## ***10th Grader Nora Weiss has been selected as a state History Day finalist!***

Nora will compete at state History Day at the U of M on April 22. Good luck, Nora!

### ***Attention Families of Book Lovers***



The library is looking for parent volunteers to assist in re-covering some of our more well-loved books.

Please email [library@twincitiesacademy.org](mailto:library@twincitiesacademy.org) if you are interested.

Thank you!

### ***P-EBT 22-23 and Summer 2023 is Coming Soon***

TCA students are eligible for this program if they qualify for free or reduced-price meals. If you have not applied for free meals, please do so by applying online through the parent portal, or by getting an application from the [TCA Website](#).

Eligible students will receive benefits for school days missed due to Covid-19. More information about Summer 23 benefits will be coming once the details are available.

*See the information and data privacy sheet on the TCA website for more details.*

## 2022-2023 Food Prices

Breakfast \$2.00

Lunch \$3.50



**If you have not yet filled out the Free and Reduced application please do so as soon as possible.**

Applications are available on the portal in Infinite Campus, in paper form at school, or we can also mail an application home with a self addressed stamped envelope.

You can email: [foodservices@twincitiesacademy.org](mailto:foodservices@twincitiesacademy.org) for any question or concerns.

Hello TCA Community,

We are seeing some cases of Strep on campus in multiple grades. If your student is complaining of a sore throat, please take them to a clinic to get swabbed. Minute clinics and pharmacies can do rapid tests. If you take your student to Urgent Care, throat cultures can be taken and results are more reliable.

If your student *does* have strep, they will need to be on antibiotics for 24 hours before returning to school.

Thank you for helping to keep our community healthy!

Ms. Seashore  
TCA Health Aide





Hello TCA Families,

Here are the current guidelines for post-COVID masking. Staying home for the first 5 days is still the gold standard. Then mask an additional 5 days, or follow the recommendations below.

Thank you for continuing to work with us to keep all of our students safe and healthy.

**Ms. Seashore**  
**Health Aide**

CDC guidance provides an option to consider use of COVID-19 antigen tests (self-tests) to find out if you can remove your mask before Day 11. If your stay at home period has ended (it is at least Day 6) and you are feeling better (no fever for 24 hours without the use of fever-reducing medications and symptoms improving), you can take two antigen tests 48 hours apart, and if both are negative, you may stop wearing a mask.

- This means the earliest you would be able to stop wearing a mask is Day 8. Take the first test on Day 6, the second test on Day 8.

- If both test results are negative, you may stop wearing a mask but continue to be cautious around others who are at higher risk of getting very sick from COVID-19. Antigen tests are designed to detect infection, not necessarily determine if someone is still able to spread the virus (contagious).

- If either test result is positive, you should continue taking antigen tests at least 48 hours apart until you have two negative results in a row. This may mean you need to continue to wear a mask and test beyond Day 10.



# ***About Lunch...***

Parents, speak to your children.

Ask them, “Are you eating lunch?”

The answer may surprise you!

Many of our students tell staff at the end of the day, “ I AM STARVING!”, and yet they are not eating their lunches. Many of these students do not seem to be aware of their lunch choices, such as hot lunch, the salad bar, and a cold lunch option. Most of these meals have a component that students can pocket to snack on later if they have a very early lunch.

Please speak with your child about these options. If they are still resistant to eating lunches, consider helping them learn how to pack a lunch, and providing easy to assemble foods that can help to keep them happy and fed throughout the day. Leftovers from a favorite meal packed in a thermos can be a great solution to this problem, but remember that microwaves are *not* available for student use, and any product containing nuts should not be at school.





# Return Your Extra Chromebooks and Chargers

Your student should only have **one** Chromebook and **one** charger in their possession. If they forget their Chromebook or charger at home, they are given one to borrow for the day, but they should be returned to the Front Desk before they leave the school building. *Please take a moment to check to see that your student only has one Chromebook and one charger in their possession and return any extras you might find.*

**Each Chromebook, even the ones which they are lent for the day, are checked out to your student and you are financially responsible for them.** It is a win-win when extras are returned: You don't have to pay for an extra Chromebook which might get lost and we have extras available for students who need to borrow one.



## ***And Remember: Check Your Chromebook Cords***

Please take a moment to check Chromebook charger cords. If there is *any* damage to the cord or separation between the parts then they should be turned into the front office and we will happily give you a replacement.

Remember to grab the plug itself to unplug from the wall. Pulling on the cord can cause damage and create a safety hazard.

# ***Affordable Connectivity Program***

## ***Discounts for internet service and devices***

If your child receives free or reduced-price meals you are eligible for **The Affordable Connectivity Program (ACP)**. ACP provides eligible households:

- Up to \$30/month off their internet bills, and
- A one-time \$100 discount off a laptop, tablet, or computer.

Tens of millions of families are eligible but have not yet claimed their benefit. A family is eligible if:

- A child participates in the Free and Reduced-Price School meals program.
- A member of the household participates in certain other federal programs, like Medicaid or SNAP.

Many internet service providers offer high-speed plans that are fully covered by ACP, meaning millions of families can now get high-speed internet without paying a dime. Households can learn more and apply for the ACP at [GetInternet.gov](https://www.getinternet.gov). Families can also call 877-384-2575 for more ways to apply. Every household with a child receiving free or reduced-price meals is eligible for ACP benefits.

If you have not applied for free or reduced-price meals, please log in to the parent portal to apply online, or get an application from the TCA website. If you are not sure if you qualify, please email [foodservices@twincitiesacademy.org](mailto:foodservices@twincitiesacademy.org) to verify your status (include your student's name).



# ***TCA Community Dance Fitness & Yoga "Open Gym"***

Please join us for our 2nd TCA Community Open Gym!

This will be a great opportunity to do something active, get moving, and hang out with others in our community. We have some great staff that will be serving as instructors, with the first half of the day being Dance Fitness, and the second half being Yoga. You can come for part or stay the whole time!

## **April 29th:**

**1-2:** Dance Fitness (Nothing needed)

**2-3:** Yoga (Mats available but please bring a mat if you have one!)

This is a family friendly activity and just for fun. School age children to adults are welcome, but an adult *must* accompany students. *NO food or drinks in the gym.*

***Please fill out the Google Form and waiver to attend:***

**[4/29 Dance Fitness & Yoga TCA Community Open Gym](#)**

Look out for additional activity open gyms in the future!



# Upcoming Statewide Assessments, Spring 2023

## MCA

### MCA Math

**March 7th & 8th** in advisory (whole 5th hour block - no clubs)

6-8, 11th grades

### MCA Reading

**March 14th & 15th** in advisory (whole 5th hour block - no clubs)

6-8, 10th grades

### MCA Science

**April 24th & 25th**  
Taken in science classes

8th & 10th grades

Slideshow

## ACT

### ACT - College Entrance Exam

**April 18**

All juniors will test at the church

ACT Timeline

## AP

### Advanced Placement

**May 1** - AP Chemistry  
**12pm**

**May 3** - AP English Lit & Composition  
**8am**

**May 5** - AP US History  
**8am**

**May 8** - AP Calculus  
**8am**

**May 10** - AP Spanish  
**8am**

**May 10** - AP Biology  
**12pm**

**May 11** - AP Physics  
**12pm**

AP Testing Schedule

Enroll online,  
by phone, or by mail



Visit [explorica.com/Amundson-5889](https://explorica.com/Amundson-5889)



Use Amundson-5889 to register



1.888.310.7121



Download and complete  
a paper application on  
[explorica.com/resources](https://explorica.com/resources)

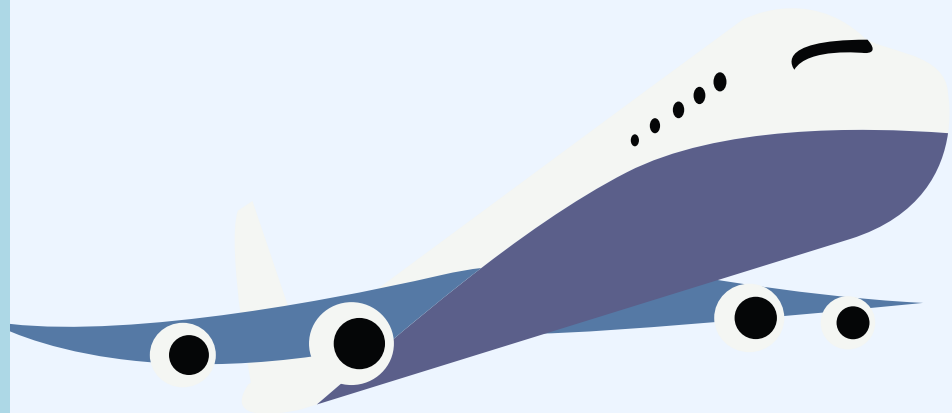
Mail to:  
PO Box 9033  
Charlottesville, VA 22906-9033

## Great News!

We are restarting our 7th and 8th grade **Washington DC** trip next year!

Grades: **7th** and **8th** graders  
Dates: **April 1-4, 2024** (spring break)

We will be holding a family interest meeting on **April 13th, 2023** (September Dates to Come).



This is the schedule for students participating in TCA's YEP! Program this year

## Tuesday 4:15-5:30

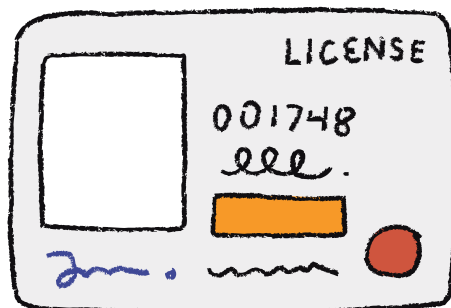
Board Games / Ng (205)  
Debate / Osterhus (4:15-6:15)(107)  
Art / Harvey (221)  
Homework Help / Bob (203)

## Thursday 4:15-5:30

eSports / Ng (205)  
Storytelling / Enquist (105)  
Music Production / Marquan H. (Band Room)  
Head Space / Dennis (101)



## DRIVER'S EDUCATION (Students who are 14 years of age and older)



This 30-hour program will be conducted by a certified instructor from the A+ Driving School and will fulfill the state driver's education requirement. The course will address the "how to" and "whys" of safe driving. The format of the class will be lecture and active discussion.

After completion of the program, students will be able to set up and participate in behind the wheel sessions to meet the six-hour state requirement. Classes will meet VIRTUALLY through ZOOM Teleconferencing! All registration can be done through: [www.APlusDrivingSchool.net](http://www.APlusDrivingSchool.net)

Need to miss a few classes--NO PROBLEM.  
We offer classes all year long with multiple time offerings each day. Take class from ANYWHERE through teleconferencing!



# YEARBOOK YEARBOOK

## yearbook yearbook

### #yearbook

The TCA yearbook class has been working hard to create an awesome book to celebrate the 2022-2023 school year, and we look forward to sharing it with you.

Additionally, the yearbook this year will include a competition to identify 8th graders by their baby photos. Please upload a baby picture of your student so that it may be included in the yearbook!

**[Upload 8th Grade Baby Photos Here](#)**

The Senior Yearbook Committee is collecting the following:

- Senior pictures**
- Senior quotes**
- Senior future plans**
- Baby photos with or without message(optional).**

The deadline is **Friday, March 3, 2023**. Please let me know if you have any questions and email me with the above at: [naomiryan@twincitiesacademy.org](mailto:naomiryan@twincitiesacademy.org).

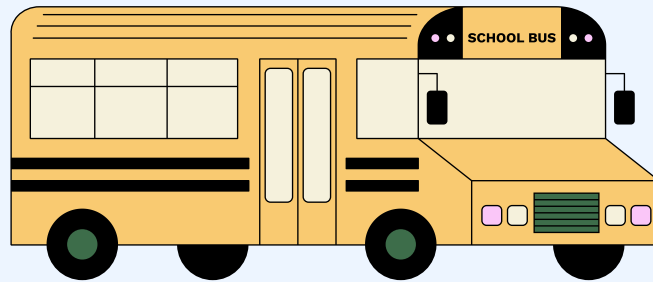
Thank you!  
Naomi Ryan, Seniors Editor

Yearbooks will be \$25 for Middle School, and \$44 for High School.

**Please order using this QR code, or by going to [Balfour.com](https://www.balfour.com).**



# Intent to Return



Hello TCA Families,

At the beginning of the Spring term of each school year, we begin to make enrollment projections for the coming year. It's critically important for us to determine how many open slots are available in each grade, so that we can begin to fill any vacancies during the Spring Lottery.

We ask every current TCA family to complete **Intent to Return forms**, declaring your children's intentions for the coming year. If you have multiple students attending TCA, please complete a separate form for each student.

[Intent to Return for 2023-24](#)

[Intención de regresar para 2023-24](#)

[Ujeedka Soo Noqoshada 2023-24](#)

[Lub hom phiaj rov qab rau 2023-24](#)

## ***Sibling New Enrollments***

If your TCA student has a sibling who is not currently enrolled at TCA and you'd like to enroll him/her for the upcoming school year, you'll need to complete an online **Application for 2023-2024 School Year** for the sibling. Sibling enrollment forms must be submitted no later than **February 24, 2023** for your child to be eligible in the February 28th lottery drawing for any open spots in the grade in which you are looking to have them enrolled.

# The TCA School Board is looking for Board Members



TCA will be having **Board Elections** towards the end of April, and we are looking for both **parent** and **community** board members.

Board members serve for three year terms and can serve for up to a total of three terms (9 years), if they would like. The school board meets monthly on the fourth Tuesday of the month in the evening from 5 p.m., and all board members are expected to serve on at least one board committee that generally meets monthly for an hour as well.

**Parents** are defined as any person who is the legal guardian of a student at TCA. TCA has two open parent board seats. Rich Holst, current board chair, will be re-running for one of the seats. The other is uncontested. TCA also has two open **Community Member** positions, who can be any adult who is not directly connected either by teaching or being a parent of a student at TCA.

TCA is looking for board members with for-profit or non-profit financial experience, legal experience or general non-profit experience.

If you are interested or know someone who would be willing to serve please fill out the **Board Member Application** or share the link with a friend.

We look forward to building a strong school board to lead us into the future.

Thank you!



# COVID-19 ISOLATION GUIDE

For schools, child care, and youth programming

What to do if you are experiencing symptoms of COVID-19\* or have tested positive for COVID-19 (*regardless of vaccination status or symptoms*)

## If you have COVID-19 symptoms:



Stay home.



COVID-19 testing is strongly encouraged, especially if you are at high risk for severe disease, if symptoms continue or worsen, if you develop additional symptoms, if you have been exposed to someone with COVID-19, or if COVID-19 transmission is elevated in your area.



If you do not get tested, follow instructions below as if you had tested positive for COVID-19.

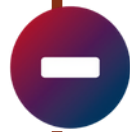


If COVID-19 testing is done and the result is

### **POSITIVE:**

Stay home for a minimum of five full days from the date symptoms started or the date you took the test if you don't have symptoms.

Stay away from others, including household members, as much as possible. Wear a well-fitting mask.



If COVID-19 testing is done and the result is

### **NEGATIVE:**

Stay home until your symptoms improve and you are fever-free for 24 hours (without the use of fever-reducing medication) before returning.



# After five days of isolation at home:

Have your symptoms improved and have you been fever-free for 24 hours (without using fever-reducing medication)?

**NO:**

**YES:**



Continue to stay home and away from others until **symptoms improve and you are fever-free for 24 hours** (without

using fever-reducing medication). Once both are true, return to school or program and continue to wear a mask when around others, including those in your household, until 10 days have passed since your isolation began.



Return to school or program.

Continue to wear a mask when around others, including those in your household, for another five days.

“Improved symptoms” means that a person no longer feels ill; they can do their daily routine just as they did before they were ill, and any remaining symptoms, such as a cough or runny nose, are very mild, or infrequent.



**People who are under 2 years old and others who are unable to wear a well-fitting mask should stay home for at least 10 full days from when they first felt sick or, if no symptoms, from the day they got tested.**



For additional information:

If You Are Sick or Test Positive: COVID-19 ([www.health.state.mn.us/diseases/coronavirus/sick.html](http://www.health.state.mn.us/diseases/coronavirus/sick.html))

